



Choking is something that should be left on the baseball diamond!

Potentially Dangerous Foods

- Crisp, Crunchy Foods (examples – raw carrots, celery).
- Round and Rubbery Foods (examples - whole grapes, wieners).
- Gum and Hard Candies - Keep that nicotine gum in a safe place!
- Fish Bones – Fish bones can be painful in the throat.

Potentially Dangerous Objects

Small hard objects	Examples include plastic toy parts, metal hardware, and fishing tackle. Teach children not to put non-food objects in their mouths and not to hold them between their lips or teeth. Keep these objects out of reach of young children.
Coins	Coins can become stuck in the esophagus (swallowing tube). Teach children to keep coins out of their mouths. Never store coins in open bowls or containers that are within reach of toddlers.
Disc batteries	Like coins, disc batteries are tempting to young children. However, they are much more dangerous because they cause severe internal burns and even death. Keep toys and electronics with removable disc batteries away from young children. Store unused or discarded batteries where children cannot find them.
Balloons	Deflated balloons can become stuck between the vocal cords and completely stop a child's breathing. Keep deflated balloons away from all young children.
Dishwasher powder and household cleaners	Most household cleaners and hair straighteners or relaxers can cause severe burns of the swallowing and breathing passages. Not all are marked with warning labels. Keep these items out of reach of children.

Source: BC Children's Hospital, SafeStart